



USDA-FNS Presents

Loving Your Family... What's It All About?



Discussion Sessions

The four *discussion sessions* are ready-to-use plans for conducting educational sessions with FSP participants and eligibles. The key topics covered in the sessions are linked to the Healthy Family Guidebook. Handouts for participants are provided or suggested for all of the sessions.

All of the *discussion sessions* are planned for groups of about 5-7 mothers and each session can be completed in about 45 minutes. The *discussion sessions* use a participant-centered approach and include interactive group activities.

They support and help the adult learner with low literacy skills understand the nutrition information and make a commitment to take action to improve eating and physical activity behaviors. The behavioral objectives for each *discussion session* are listed here.

Family Meals– Easy, Tasty, and Healthy!

- Identify and use at least two time-saving or low-cost ways to prepare healthy family meals each week.
- Name two tasks their child can do to help make a family meal and commit to letting their child help do a task at least once a week.

Vegetables and Fruits– Simple Solutions

- Identify and commit to try at least two vegetables and two fruits during the upcoming week with at least one vegetable a dark green or orange one.
- Identify and commit to at least one activity to encourage their children to eat a variety of fruits and vegetables each day.
- Recognize that a 1-cup portion of vegetables and fruit look like.

How Much?- Food and Physical Activity

- Identify the amounts of food most women and children need from each food group.
- Identify and commit to at least one action to get the right amount of foods from MyPyramid food groups.
- Identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity most days of the week

Family Time– Active and Fun

- Identify and commit to at least one action to get at least 30 minutes of moderate-intensity physical activity with their family most days of the week.
- Identify and commit to at least two actions to help kids eat in a healthy way, every day.

Online Education Module & Educator's Handbook

Staff Support Kit

Promotional Brochures

Discussion Sessions

Participant Guidebook

Participant Handouts

Loving My Family...video

User Response Card

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

How To Order Materials

For specific ordering details use the following internet addresses to link to the Food Stamp Nutrition Connection web site:

<http://www.nal.usda.gov/foodstamp/orderingmaterials.pdf>

Food Stamp Nutrition Educators can order limited copies of specific materials at:

<http://www.ntis.gov/foodstamp/default.aspx>

Everyone can download materials for free at:

<http://foodstamp.nal.usda.gov/>

Week 4

Schedule

Creative Ideas for Discussion Sessions

"Carol"- Nutrition Educator

In my community, I have one group of very motivated learners. I've developed a series of classes using all four of the discussion sessions. I hold one class a week for 4 weeks, and at the end of the last class, we hold a graduation cere-

mony. My clients love it, and have been telling their friends about it."

"Celia"- Nutrition Educator

"It's hard for a lot of my clients to commit to ongoing classes on a regular basis, so I'm using the discussion sessions as the foundation for

stand-alone classes in my community. So far, I've used the Family Time– Active and Fun! for a group of parents, and the "How Much– Food and Physical Activity" for a small group of young moms."